RAIN MEDITATION (FORMAL MINDFULLNESS PRACTICE)

-You maintain your spine straight, full body fully relaxed.

-Scan your hole body quickly.

-both legs, your back, shoulders , stomach, neck, chest, face .

-Now you are going to practice rain technique.

-first thing we are practice R means recognize and we will practice all four plane

1-Body 2-Mind 3Feelings 4-Phenomena

-We will apply this technic to all 4 planes and 4 levels.

-First apply this technic on body

-Now apply the R means Recognize

-Recognize the sensations in your body

-May be good and bad sensations

-Next is A acceptance accept it good or bad accept everything.

-Now I is investigate

-inquiry about trouth and reality what how why

-What means the sensation there is no pain its good sign.

-Your hole body is fit there is good sign

-If there is some pain then why and how

-Now apply N means Non identification

-Whatever is happening to you, you are not the body.

-Whatever is good or bad is not happening to you

-Its just body not your reality.

-Anything is not impermanent me and mine.

-Simly this is body

-This is not my name this for body

-Now apply this technique on your mind

-Apply R recognize

-Mind is awareness and subconsiousness.

-Main function is thinking, judjing, visualising

-Are the thoughts in my mind good or bad?

-you are imagining something or some thought is troubling you

-Now apply A is acceptance

-Accept everything as it is good or bad

-Now apply I investigation

-Inquiry about truth

-Now apply N non identification

Vaikhari

Madhyama

Pashyanti

para

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